




My Health. My Medicare. *Medicare Preventive Benefits 2011*

February 2011

**Medicare Part B pays for preventive care to help you stay healthy.
 Talk to your doctor to see if these benefits are right for you.**

Abdominal Aortic Aneurysm Screening	People at risk for abdominal aortic aneurysms may get a referral for a one-time screening ultrasound at their “Welcome to Medicare” physical exam. New: Starting January 1, 2011 you pay nothing if your doctor accepts assignment.
Bone Mass Measurement	For those enrolled in Medicare at high risk for losing bone mass Medicare will cover once every 24 months; more often if medically necessary. New: Starting January 1, 2011 you pay nothing for this test if your doctor accepts assignment.
Cardiovascular Screening Blood Tests	Medicare covers cardiovascular screening tests that check your cholesterol and other blood fat (lipid) levels every 5 years . Includes: <ul style="list-style-type: none"> • Total Cholesterol Test • Cholesterol Test for High Density Lipoproteins; and • Triglycerides Test You pay nothing if your doctor or health care provider accepts assignment.
Colorectal Cancer Screening	For all those enrolled in Medicare age 50 and older <ul style="list-style-type: none"> • Fecal-Occult blood test covered annually – No cost for the test. New: Starting January 1, 2011, you pay no Part B deductible and copayment for the doctor’s visit. You pay nothing if your doctor accepts assignment. • Flexible sigmoidoscopy once every four years or 10 years after a previous screening colonoscopy. New: Starting January 1, 2011, no Part B deductible or copayment - you pay nothing if your doctor accepts assignment. • Barium enema can be substituted for sigmoidoscopy or colonoscopy – No Part B deductible. Medicare pays 80% of the approved amount for the doctor’s services. • Screening Colonoscopy for any age enrolled in Medicare Average risk - Once every ten years, but not within four years after a screening flexible sigmoidoscopy High-risk - Once every two years New: Starting January 1, 2011, you pay nothing if your doctor accepts assignment. <ul style="list-style-type: none"> • If the Flexible sigmoidoscopy, Barium enema, or Colonoscopy are done in a hospital outpatient setting, you pay a copayment.

Diabetes Screening Tests	<p>Anyone enrolled in Medicare identified as “high risk” for diabetes will be able to receive screening tests to detect diabetes early. Covers up to two screenings each year. Includes:</p> <ul style="list-style-type: none"> fasting blood glucose test <p>You pay nothing if your doctor or health care provider accepts assignment.</p>
Diabetes Monitoring and Education	<p>Covers all people with Medicare who have diabetes and must monitor blood sugar (Not paid for those in a nursing home)</p> <p><u>Covered services:</u></p> <ul style="list-style-type: none"> Blood sugar monitors, test strips, lancet devices and lancets Education & training to help control diabetes Foot care once every 6 months for those with peripheral neuropathy <p>Medicare pays 80% of the approved amount after you meet the yearly Part B deductible.</p>
Flu Vaccination	<p>Annually (Medicare pays once a flu season, in the winter or fall. You do not have to wait 365 days since your last one.)</p> <p>You pay nothing if your doctor or health care provider accepts assignment.</p>
Glaucoma Screening	<p>Must be done or supervised by an eye doctor (optometrist or ophthalmologist). Covered annually for</p> <ul style="list-style-type: none"> Those with diabetes Those with a family history of glaucoma African-Americans age 50 and older Hispanic-Americans age 65 and older Other high risk individuals <p>Medicare pays 80% of the approved amount after you meet the yearly Part B deductible.</p>
Hepatitis B Shots	<ul style="list-style-type: none"> Covered for those who are at medium or high risk. New: Starting January 1, 2011, you pay nothing if your doctor or health care provider accepts assignment.
HIV Screening	<p>Medicare covers HIV screening for people</p> <ul style="list-style-type: none"> Who are pregnant or at increased risk for the infection Includes anyone who asks for the test <p>Medicare covers the test once every 12 months or up to 3 times during a pregnancy. You pay nothing for the test. Medicare pays 80% of the Medicare approved amount for the doctor’s visit.</p>
Mammogram	<p>For women age 40 and older enrolled in Medicare a screening mammogram is covered</p> <ul style="list-style-type: none"> once every 12 months (includes new digital technologies) <p>New: Starting January 1, 2011, you pay nothing for the test if the doctor accepts assignment.</p>
Medical Nutritional Therapy	<p>Covered for those with diabetes or kidney disease. Includes a nutritional assessment and counseling to help you manage your disease. Medicare covers 3 hours of one-on-one counseling services the first year, and 2 hours each year after that. New: Starting January 1, 2011, you pay nothing for these services if the doctor accepts assignment.</p>

Pap Test & Pelvic Examination (Includes clinical breast examination)	<p>Medicare covers screening Pap tests and pelvic exams and as part of the pelvic exam, Medicare also covers a clinical breast exam for all women enrolled in Medicare.</p> <ul style="list-style-type: none"> • Covered once every two years for most • Covered annually for women at high risk <p>New: Starting January 1, 2011, you pay nothing for Pap test or the pelvic and breast exams if the doctor accepts assignment.</p>
Pneumococcal Pneumonia Vaccination	<ul style="list-style-type: none"> • Once per lifetime for all enrolled in Medicare (A doctor may order additional ones for those with certain health problems.) <p>You pay nothing if your doctor or health care provider accepts assignment.</p>
Prostate Cancer Screening Tests	<p>For all men enrolled in Medicare age 50 and older</p> <ul style="list-style-type: none"> • Covered annually • Digital rectal exam – Medicare pays 80% of the approved amount after the yearly Part B deductible • Prostate Specific Antigen (PSA) test – There is no coinsurance and no Part B deductible for the PSA test.
Smoking Cessation Services	<p>Medicare will cover up to 8 face-to-face visits during a 12-month period. Medicare covers these counseling sessions as a preventive measure if you have not been diagnosed with an illness caused by tobacco use. New: Starting January 1, 2011 you pay nothing for the counseling sessions.</p>
Welcome to Medicare Physical	<p>Medicare covers a one-time preventive physical exam <i>within the first <u>twelve months</u> that you have Part B.</i> The exam includes a thorough review of your health, education and counseling about the preventive services covered by Medicare and referrals for other care if you need it. New: Starting January 1, 2011, you pay nothing if your doctor accepts assignment.</p>
Yearly Wellness Visit 	<p>New...Beginning January 1, 2011, if you have had Part B for more than 12 months, you can get a yearly wellness visit to develop or update a personalized prevention plan based on your current health and risk factors This includes:</p> <ul style="list-style-type: none"> • Review of medical and family history • A list of current providers and prescriptions • Height, weight, blood pressure, and other routine measurements • A screening schedule for appropriate preventive services • A list of risk factors and treatment options <p>You pay nothing for this exam if your doctor accepts assignment.</p>

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Go to MyMedicare.gov and get the personalized information you need to make better health care choices.

With this exciting new web tool, you can make the best health care decisions for your personal needs. MyMedicare.gov puts you in control.

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- ✓ **Keep your Medicare information in one convenient place**
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- ✓ **Keep your Medicare information in one convenient place**

For assistance please call the
Senior Health Insurance Information Program
or SHIIP at 1-800-351-4664 (TTY 1-800-735-
2942 or check the SHIIP website:
www.therightcalliowa.gov

Tips for using MyMedicare.gov

- **New to Medicare?**
 - Medicare will automatically mail you instructions and a password for MyMedicare.gov
 - If you have trouble registering, try again after Medicare starts processing your claims
- **Been on Medicare for awhile?**
 - Register on MyMedicare by selecting “begin the registration process.”
 - You can register on the Medicare.gov website by clicking on “Create a New Account.”

Start getting the most out of Medicare!



*My Health.
My Medicare.*